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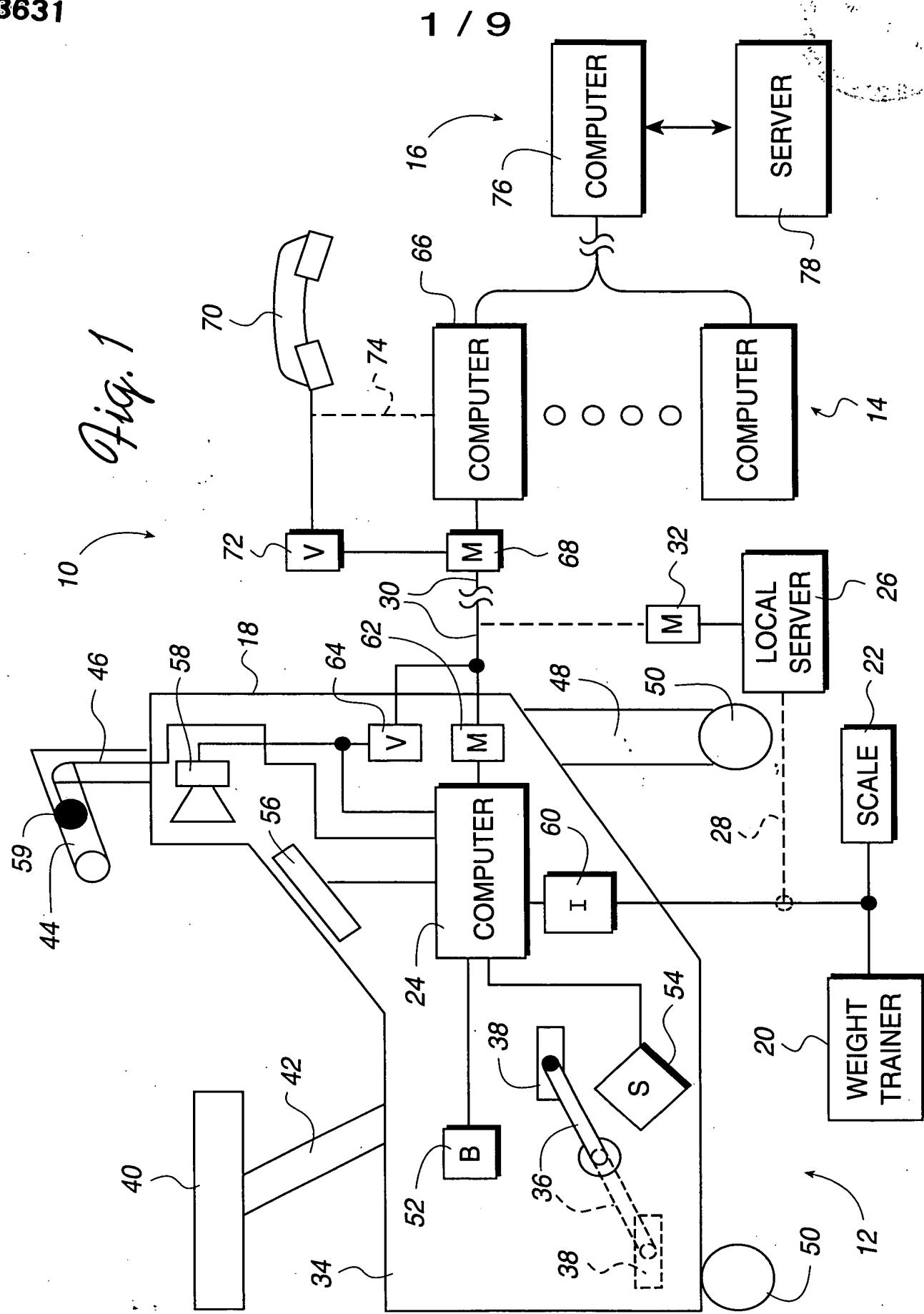


Fig. 2

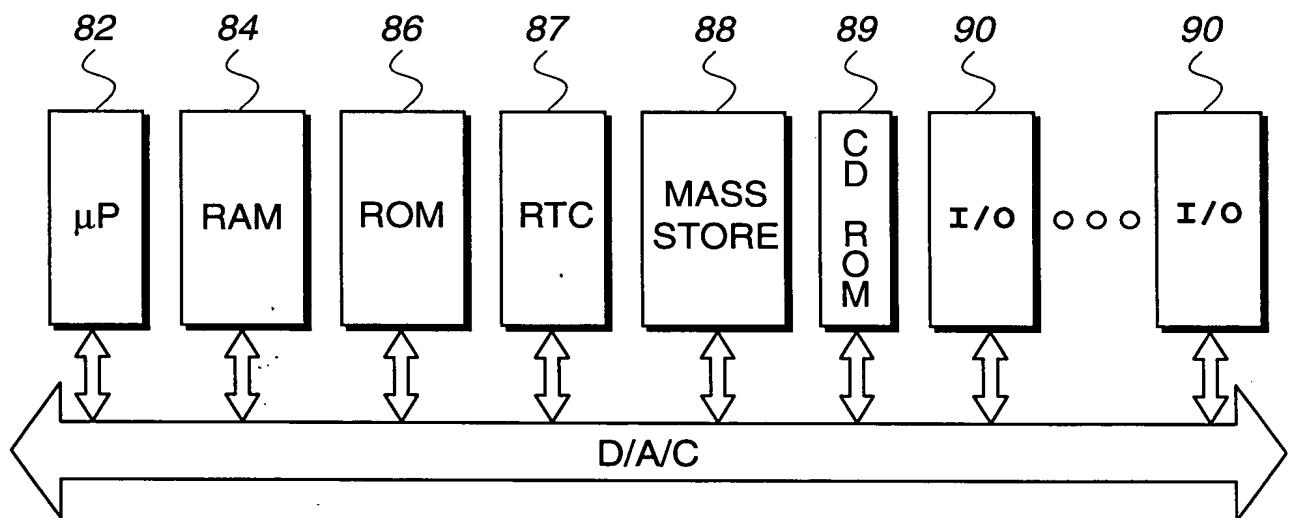
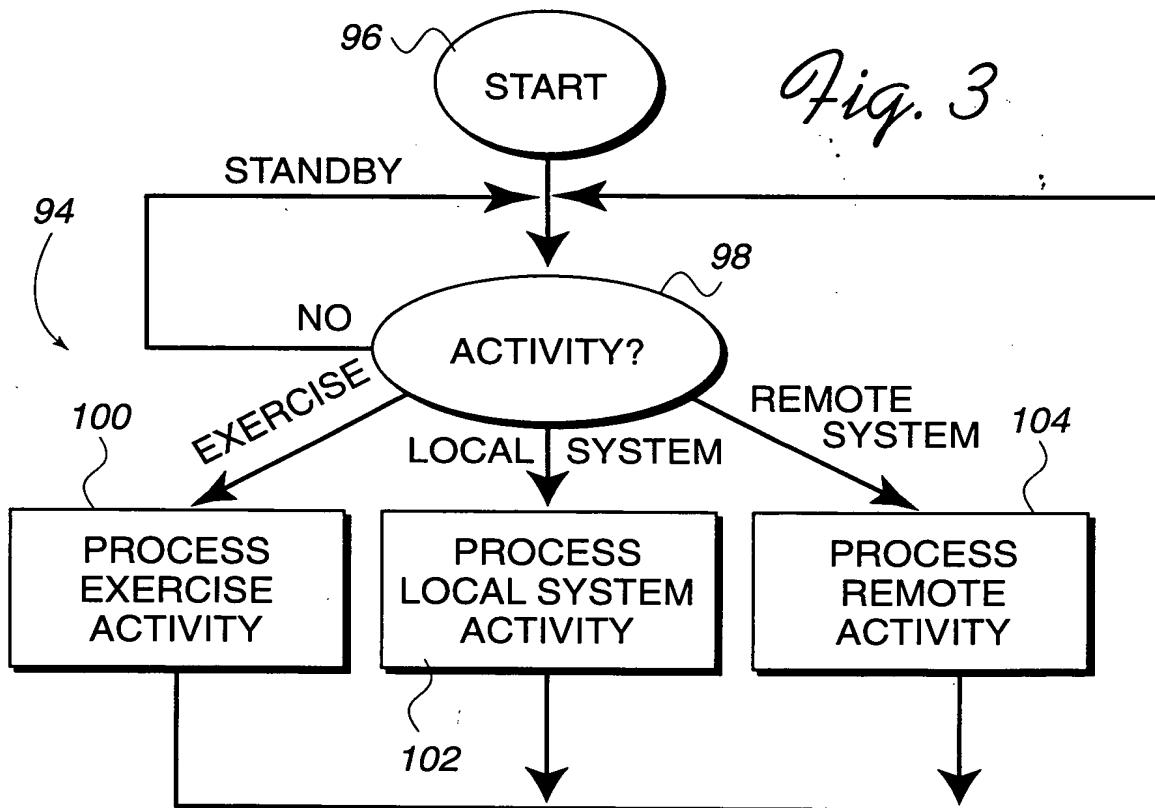


Fig. 3



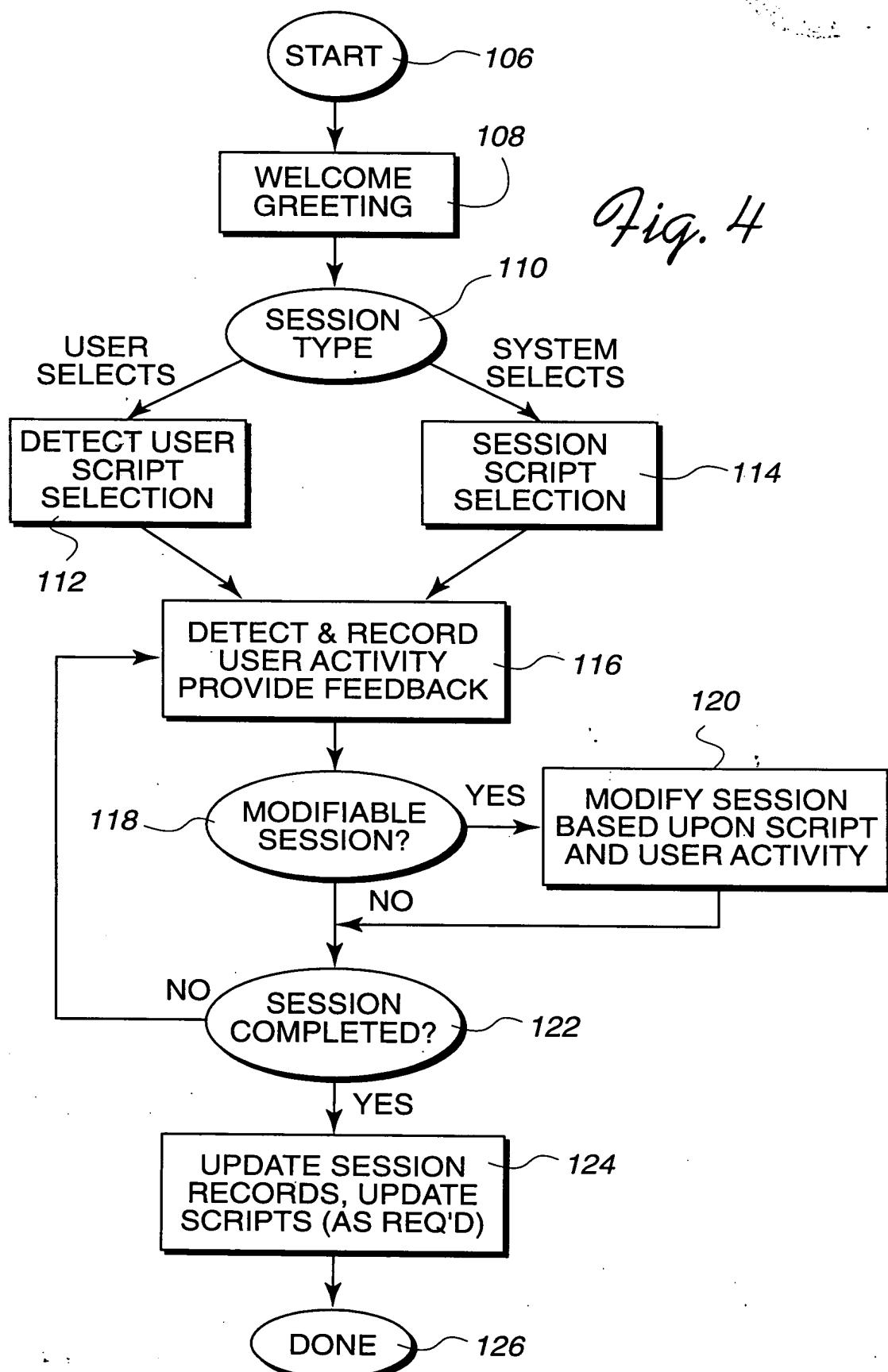


Fig. 4

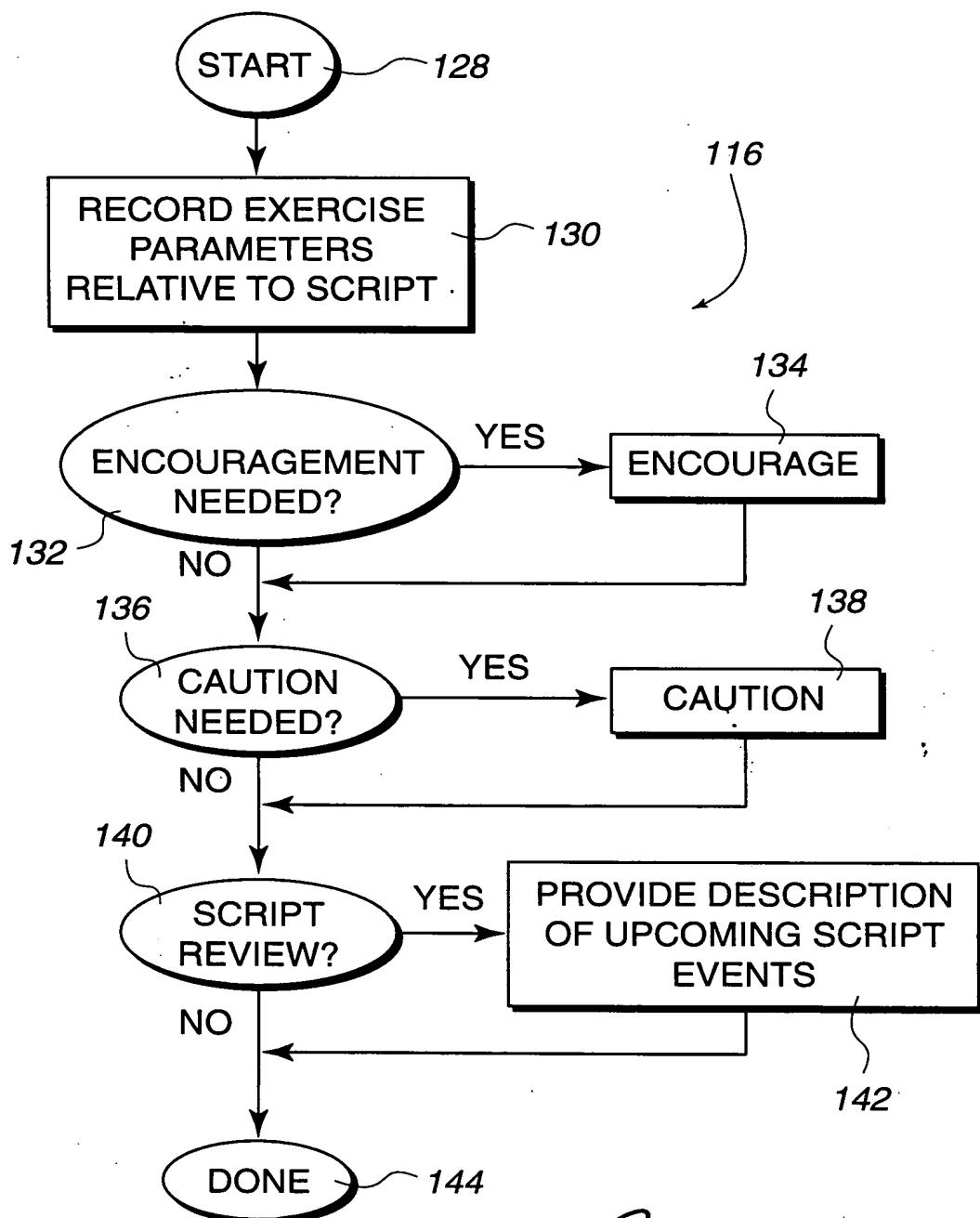


Fig. 5

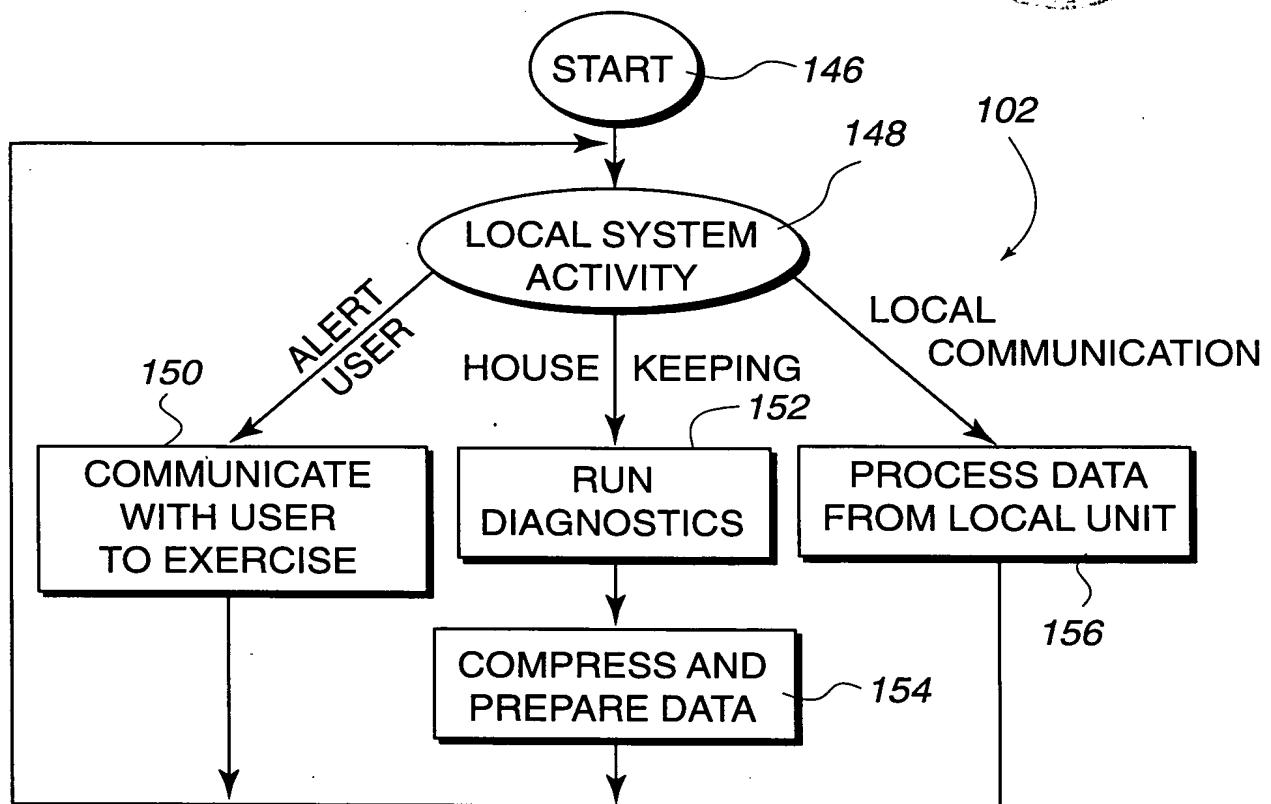


Fig. 6

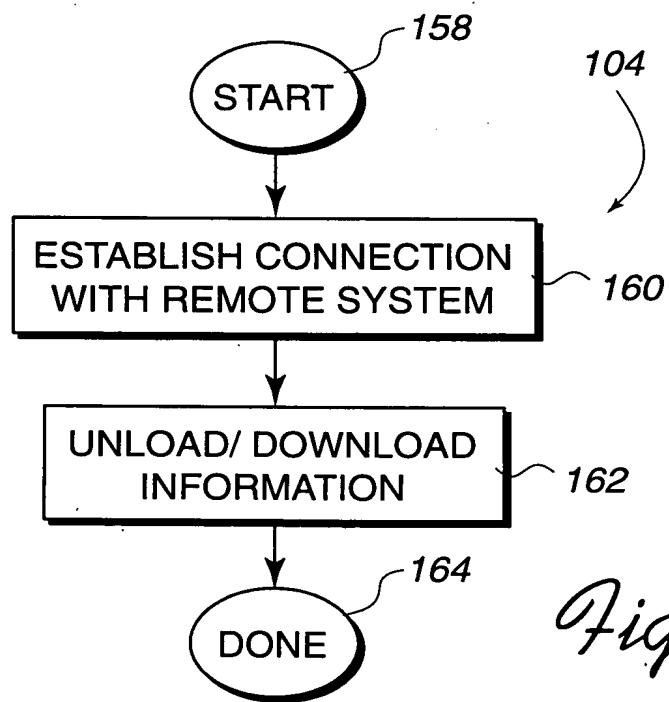
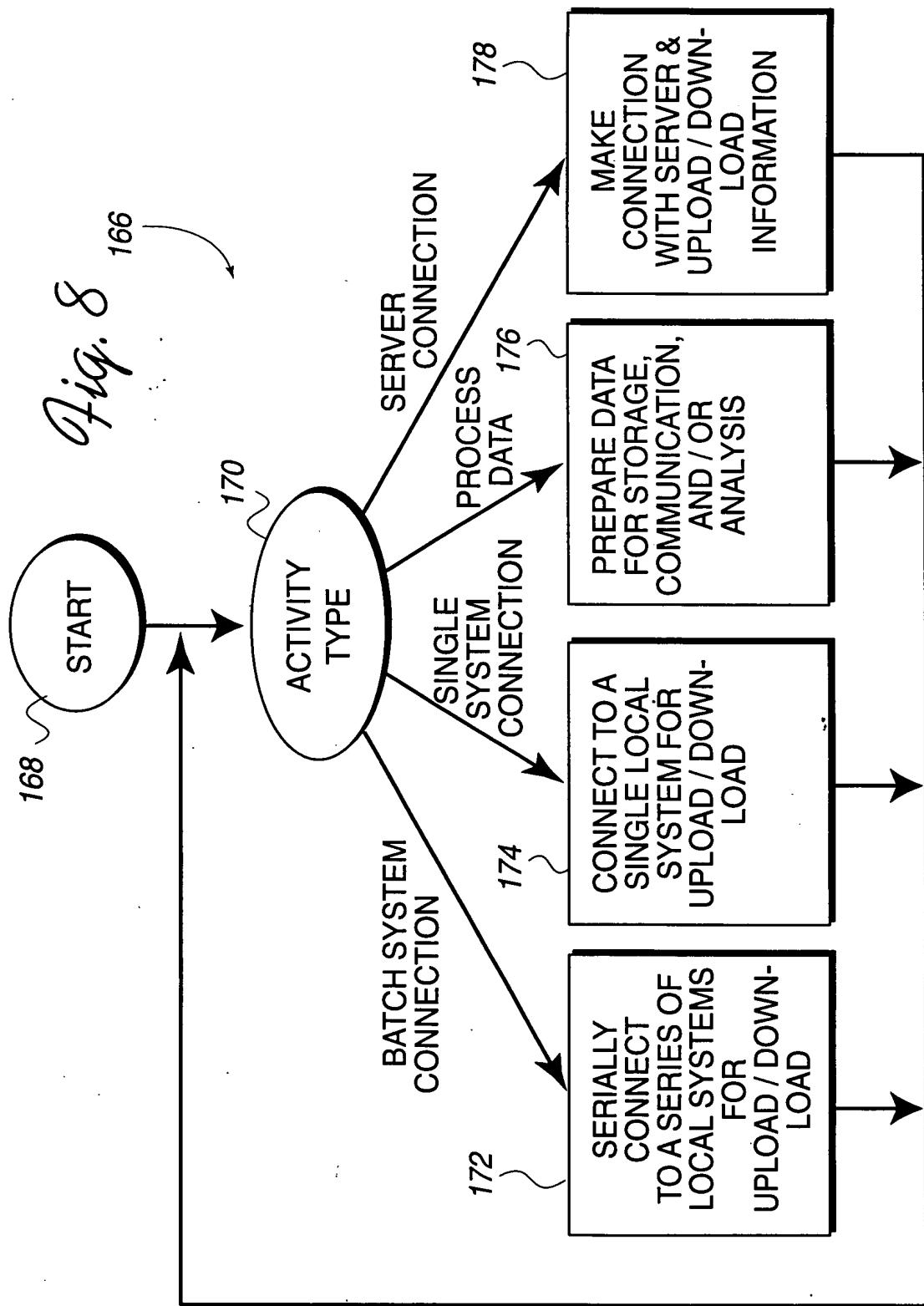


Fig. 7



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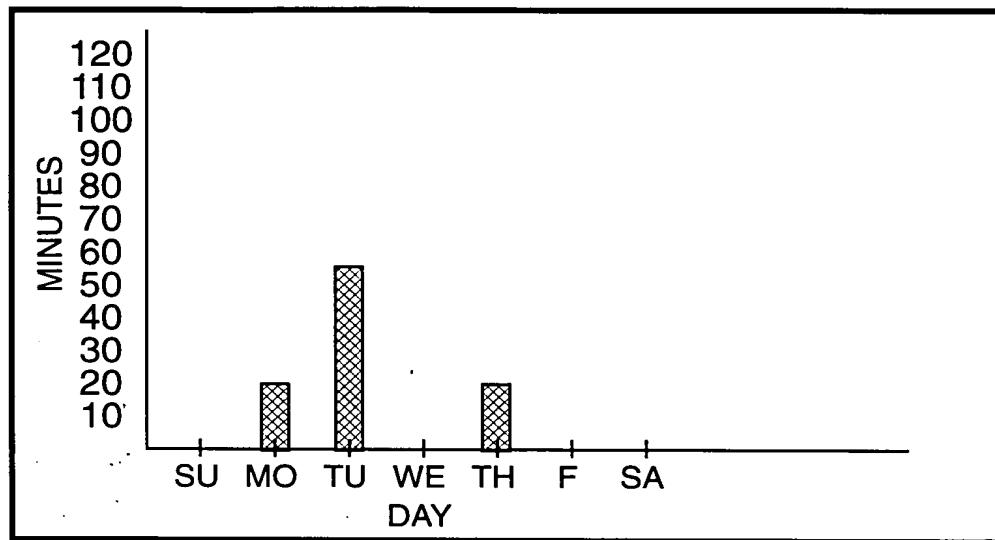


Fig. 8a

<u>SUNDAY</u> NO EXERCISE
<u>MONDAY</u> —10 MINUTES CYCLING —232 CALORIES —6 MINUTES AT 80% HEARTRATE —1.8 MILES —DIFFICULTY 6 —10 MINUTES WEIGHTS —172 CALORIES —20 REPS @ 100 LBS —20 REPS @ 80 LBS
<u>TUESDAY</u> ETC.

Fig. 8b

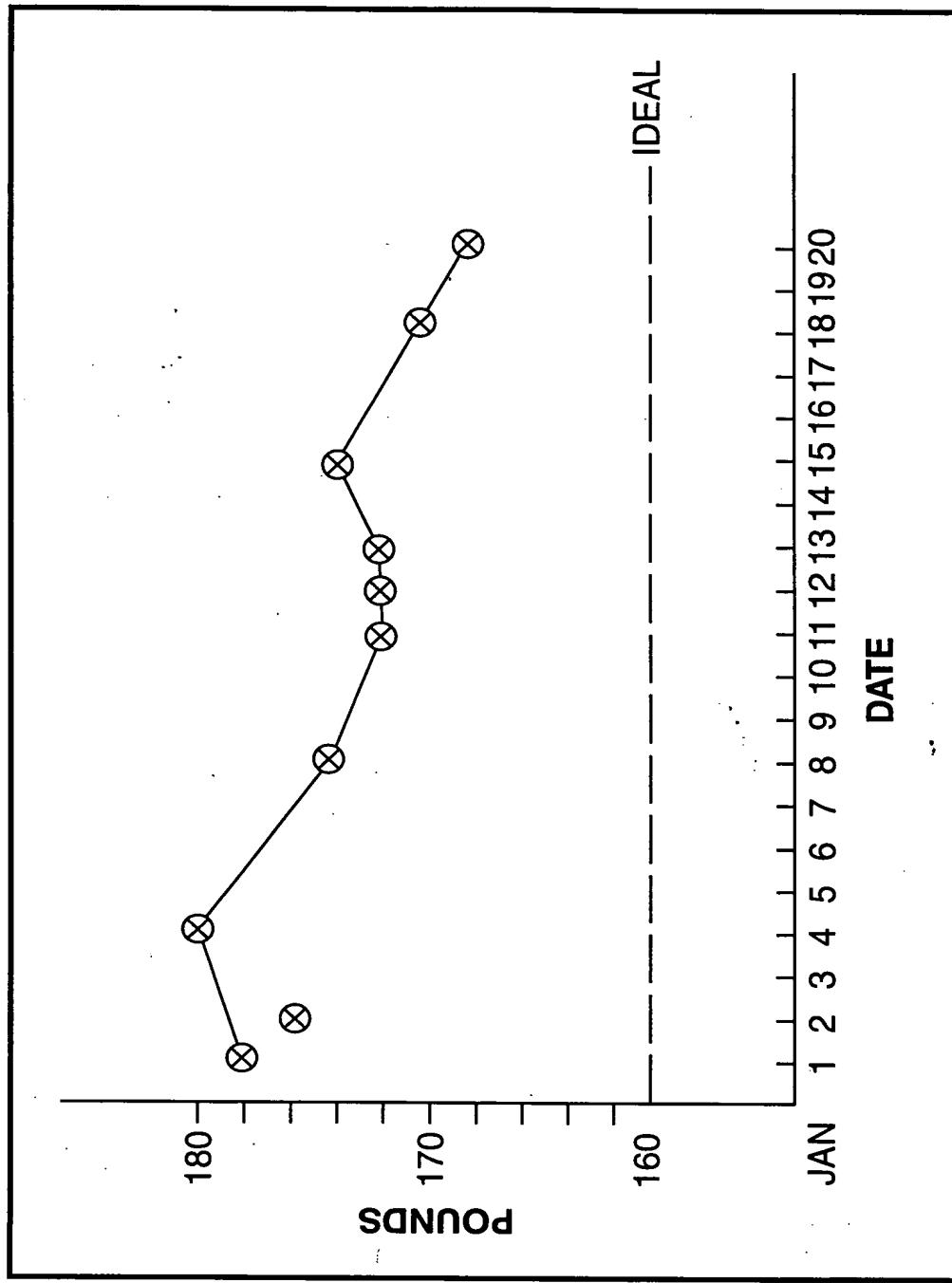


Fig. 8c

